

HOUSEHOLD
MATTEZS

Mistaken Economy.

The floor covering of the children's play-room is an important consideration. It is a very serious blunder on the side of false economy to send an old and heavy carpet to finish its days in the room devoted to the children's use. In their play over it they must absorb from it something of those germs of disease that are sure to linger in it after years of service, even though it has been most carefully cleaned. Economize elsewhere if necessary, but let the floor covering be one that can easily be kept bright and fresh and clean.

The Home Medicine Chest.

It is well to keep a supply of pure turpentine on hand for cuts and scratches. This can be got at the paint shops in any quantity and put up in colored bottles, the best way of keeping it. It sears the broken flesh, cleanses the wound, kills the soreness and begins the healing process at once. A small bottle of arnica should always be on hand for bruises and bumps. A large bottle containing a mixture of turpentine and sweet oil should be kept, to be used as a liniment for colds in the head or chest. Alcohol should always be in stock to rub on sprains etc.

Hemming the Napery.

The French hem, or the "damask stitch," will be found most satisfactory for the hemming of table linen. This differs from the ordinary hemming stitch in the way in which it is sewed. Turn the hem same as for ordinary hemming, then fold the hem back and overhand or over-and-over stitch them. By this manner, when the linen is laundered, it will be very difficult to see a right or wrong side. For napkins the hem should be made narrow as possible and for tablecloths they should be from a quarter to half an inch in width, but the narrow width is preferable. Only the best grade of linen should be bought, if possible. It lasts longer, and the more frequently it is laundered, if done carefully at home, the more beautiful and smooth the surface becomes.—Pittsburg Dispatch.

Notion of a Naturalist.

A rope portiere has been an old and attractive feature of the study of a woman naturalist for some time, and it can be reproduced with so little expense that it is becoming popular in college girls' apartments, dens and smaller rooms. Short and long pieces of rope are used in its manufacture, and tassels are made of raveled rope for the end of each piece. Knots are tied here and there in the rope, and then the pieces are attached to another piece of rope, which is first to be stretched across the room to form the top of the portiere. A piece of fish net is then hung across the portiere and caught here and there, forming a sort of festoon. Into the meshes of this are fastened star fish, jungle shells and other translucent shells, which, where the light strikes them, make a beautiful play of color in the room.—Pittsburg Dispatch.

Common Sense For Housekeepers.

The busy housekeeper, whose time is mostly spent indoors, should devote five minutes each morning, noon and night to simple exercises, in order to develop and ward off diseases. A correct standing position—head up, chin in, chest up, hips back—should be practiced always, even when washing dishes. It will soon become a habit and add more elegance to the appearance than any amount of money spent in fine clothes. Deep breathing should be practiced almost cross-heartily. Have always an abundance of fresh air and all the sunlight you can possibly admit to your rooms. Housework is excellent exercise if one goes about it in the right way. Have the sink and cooking table no high that you need not bend over when at work. If one constantly stands or sits in a stooping position, the internal organs become crowded, and disease is often the result. Remember that good housekeeping is easy housekeeping, and no woman need wear herself out. Her health is of prime importance when the happiness and comfort of a family depend on her. The woman who does her work alone must plan systematically, and study to save time and strength, in order to have the recreation necessary to the well being of every one. Instead of spending time and good material in making pies, cakes, etc., which often impair the digestion, study rather the simplest foods which can be prepared with less labor and are valuable to repair waste.—Woman's Home Companion.

RECIPES...

Saute Bananas—Remove the skins from the bananas, cut in halves lengthwise, then in halves cross wise; dredge them with flour; put in a little butter in the frying pan, lay in the bananas; when browned slightly remove, sprinkle over powdered sugar; serve with half a cupful of sugar, one-fourth cup of lemon juice and one teaspoonful of butter warmed over the fire.

Tomato and Rice Soup—Put one can of tomatoes, one pint of hot water, three cloves, two peppercorns, one tablespoon of sugar, half a level teaspoonful of salt, a little pepper and three tablespoons of washed rice in an agate pan over the fire; put one tablespoonful of butter over the fire; add one slice of onion and a sprig of parsley; fry slowly without browning; add this to the soup and cook until the rice is tender; add more seasoning if needed; rub through a fine strainer. Serve hot.

Vegetable Salad—Cut enough cold boiled potatoes to give one quart of dice shaped pieces; cut beets and carrots to give the same amount; sprinkle with salt and pepper; add one tablespoonful of finely chopped onion or the same amount of olives; mix with French dressing; chop the whites of two hard boiled eggs through a strainer over the top; sprinkle with minced parsley; garnish with sprigs of parsley or celery leaves.

FASHIONABLE BENEFIT

REVIVAL OF THE SUNBONNET.

It's a Part of Every Summer Girl's Wardrobe This Season.

The revival of sunbonnets, which began last year, is to be renewed this season, it is said, and many an engaging trifle of frills and insertions and ribbons is being got ready against the days when the summer girl's active campaign begins. The mannish girl has had her sway. For some seasons past she held unquestioned sway, and the men's furnisher waxed rich on the proceeds from her togery. Collars, cuffs, cuff links, ties, hats, waistcoats, hose—there were few of the accessories of men's attire she did not lay violent hands on.

But people have rather tired of the athletic girl—the girl who was athletic and nothing else, that is. Good fellow as she was, jolly as men found her to ride and golf with, she was a chum, not queen of their hearts. With her muscular arms bared to the elbow, her tanned face and towed locks, she developed a splendid physique and an abounding health, which the up-to-date sunbonnet accentuated charmingly. The sunbonnet lassie can swim and golf and play basketball, too, just as she can dance and flirt and play bridge, but the grace and the daintiness that seem so essentially feminine remain hers.

The modern sunbonnet hardly belongs to the same genus as the queer old Noah's Ark of sunbonnets worn years ago by all maids and matrons, constructed out of stout, honest calico, and irreverently known as "pokes." The primitive use of the sunbonnet was to shade the eyes and preserve the complexion. It did both so effectively as to put the face of the wearer in a chronic state of semi-eclipse. Nobody minded much when it finally was laughed off the stage and bundled into the attic, making way for generations of toques, capotes and hats of all kinds. If the sunbonnet girl is skilled with her needle, she buys a frame and covers it herself. With a deft touch here, a pat there, a twist in another place, she lays on the airy frills, the pullings and the shirtings. Then she puts a spray of rosebuds at a coquettish angle, and finally, two dainty streamers, to be tied or left fluttering at the sides, as the mood may dictate.

For the tramp over the links or for long, lazy hours on the sand, the sunbonnet takes another, and hardly less seductive form—all white, of a stuff called dimity, and so fashioned that the cover can be taken on and off the frame. It may even get drenched with water and mud, and the very next day reappear, crispier, more beguiling than ever. Such a bonnet as this "goes" with almost any gown—any type of face. And it is so easy to make, and so becoming, too. No matter how the hair may be "done," it nestles down easily upon it. In fact, it is quite satisfactory in every way.—New York Tribune.

Preparing For the Wedding.

The teacher or working girl who will have to be busy with other work until within a few weeks of her wedding may find a plan followed in preparing for my own wedding helpful, says a writer in Good Housekeeping. As long as possible before the wedding provide yourself with two blank books and a large envelope, such as magazines come in. Letter one of the note books with the alphabet, allowing a number of pages for each letter. Arrange in this book in alphabetical order the names and addresses of friends to whom invitations or announcements are to be sent. Almost every week until the invitations are ordered you will want to add some name, forgotten at first. When the time comes to order your cards the list will without any guessing just how many you will need. You will have occasion to refer to this list often after your wedding for correct initials or addresses. In the large envelope put all clippings you find pertaining to any part of a wedding, such as trousseau, decorations, menus, etc., and in the second blank book copy any suggestion or notes that cannot be clipped. In my book I copied, also, addresses of stationers, florists, caterers, and their price lists. Almost any amount of work can be accomplished in a very short time by yourself and those who are to assist you, if you know just what is to be done.



NEWEST FASHIONS

Hyaline are popular in millinery this year.

The jeweled girdles grow steadily more popular. Twine-colored lace is used effectively on white linens.

In colorings, marine blue and green combinations are still much in favor. Revers of white linen embroidered in red used on a gray serge gown are stylish.

Linen buttons embroidered are most attractive on gowns of the same material.

Long ends ornament everything—fringes, ribbons and pendant ornaments. The darned lace—embroidered some call it—opens unlimited possibilities for pretty neckwear.

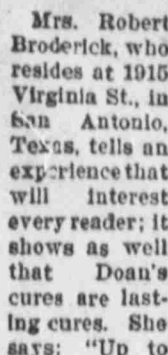
White linen is applied with design of blue linen, embroidered in white and used as collars, revers, cuffs, etc.

Novel gloves come with pieces in contrasting color set in the sides of the finger. More odd than pretty.

Flower-like pendants made of white Valenciennes lace hung on white silk cords are a dainty trimming for a gown.

To be really swaggy the summer girl's parasol should match her gown. The ultra-fashionable woman is having her sunshades made to order from pieces of her frocks.

TESTED BY TIME.



OUR BUDGET OF HUMOR.

A Merciful Provision.

That talent's oft unrecognized is nature's kindly rule To save the dream Of self esteem To many a hopeful fool.

—Washington Star.

The Artist's Aim.

Friend—"But—what's the idea of the work?" I don't quite grasp it.

Artist—"The idea is to sell it."—Chicago News.

Not Wholly Idle.

Clara—"Does Harry help you with the housecleaning?"

Harriet—"Well, he hangs the pictures crooked and does the grumbling."—Detroit Free Press.

A Limit.

Chequely—"Money, young man—money can do anything."

Freake—"Excuse me, sir; it can't get a fellow into our college eleven!"—Town and Country.

His Talent.

Sl—"I thought Hank was to college for a career as preacher."

Hi—"So he was, but from the big bills he's kep' sendin' in I thought I oughter make a doctor of him."—Chicago News.

Painful Uncertainty.

"So the Count Fuscandis wants your hand in marriage?"

"I don't know," said Miss Curox, thoughtfully, "whether it is my hand he wants so much as father's signature."—Washington Star.

A Bargain in Real Estate.

House Hunter—"Isn't \$3500 rather high for that house?"

Agent—"High! Why friends of mine when they heard I was offering that house for such a low price have asked me if it was haunted."—Brooklyn Life.

Evidence.

"They say that a man can't tell a lie with his hands open."

"Yes, and I have evidence of it."

"What?"

"You clenched your fists when you called me a scoundrel the other day."—Brooklyn Eagle.

An Urgent Invitation.

"There!" cries the excited John; "if you had been honest you would have won!"—Walter Burbank, in June Smart Set.

Good Roads Information.

People of the Southern States who desire information on the modern science of road building can obtain it free of charge by applying to the office of public road inquiries, which is a division of the United States department of agriculture at Washington.

There are in use today many inventions and powerful machines that make road building easier and less expensive than it has ever been before. Portable stone crushers, graders, ditchers, stone spreaders, wagon loaders and combinations machines that will save labor in striking ways are doing good work in various parts of the country. It is to the interest of those intending to build roads to find out all about these machines.

There is a general awakening in regard to the improvement of good roads, especially as it is understood that the extension of rural free delivery is conditional on the success of this movement. The Department of Agriculture is anxious to extend all the aid in its power. The people are entitled to such aid and should avail themselves of it.

The Farmer's Lucky Day.

When a farmer gets a needed rain, he has double good luck; he can spend the day loafing in the house.

FITS permanently cured.

No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. 24 trial bottles and treatise free. Dr. R. H. Kline, Ltd., 301 Arch St., Phila., Pa.

Birmingham's sewage works are the largest in the world, after those of Paris and Berlin.

Ask Your Dealer For Allen's Foot-Paste. A powder. It rests the feet. Cures Corns, Bunions, Swollen, Bore, Hot, Callous, Aching, Sweating Feet and Ingrowing Nails. Allen's Foot-Paste makes new or tight shoes easy. At all Druggists and Shoe stores, 25 cents. Accept no substitute. Sample mailed FREE. Address, Allen S. Olmsted, LeRoy, N. Y.

At Canterbury Cathedral there are always about forty workmen engaged in the structure.

I do not believe Piso's Cure for Consumption has an equal for coughs and colds.—John J. Borja, Trinity Springs, Ind., Feb. 15, 1907.

Japan's shipyards turned out forty-one steamers last year.

Old Sofas, Backs of Chairs, etc., can be dyed with PUTNAM FADELESS DYES.

Twelve hotels in New York City have more than 300 telephones each.

FREE STUART'S

GIN and BUCHU

To all who suffer, or to the friends of those who suffer with Kidney, Liver, Heart, Bladder or Blood Diseases, a sample bottle of Stuart's Gin and Buchu, the great southern Kidney and Liver Medicine, will be sent absolutely free of cost. Mention this paper. Address STUART DRUG MFG CO., 25 Wall St., Atlanta, Ga.

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The Apple Orchard.

There is nothing more common than to hear farmers in all the eastern section of the country say "we cannot grow apples any more as we once did."

Now, the climate is not to blame for this, and it applies once grew well with you is it not worth while to study the cause of their failure now?

Men realize that for the growing of their annual crops they must cultivate well and keep up the fertility of the soil. They do not try to grow corn and wheat at the same time on the same field, for they know that it cannot be done successfully, but when it comes to the orchard they assume that a tree can not only take care of itself like the trees in the forest, but that they can crop the land for other things at the same time and still get crops of apples. Herein lies the greatest of all the troubles in apple growing. So long as the soil was a virgin soil and abounding in plant food the trees thrived in spite of neglect, but as they gradually robbed the soil assisted by the crops planted among them there was soon a failure, for trees as well as other crops need plenty of available plant food in the soil.

Another thing that apple trees especially need is an abundance of soil moisture. It is useless to apply fertilizers to any plant if there is not moisture enough in the soil to dissolve them. Hence the importance for providing a soil abounding in vegetable decay to retain the moisture needed for the solution of the plant food applied. Few growers fully realize the amount of the various forms of plant food that an apple orchard takes from the soil. At the recent American Apple Growers' Congress in St. Louis Professor C. H. Merriam gave some very striking figures in this regard which were taken from the experiments made at the Agricultural Experiment Station of Cornell University. He showed that with an average yield (and this is a small one in a good orchard) of 200 bushels per acre, that this 200 bushels of fruit would remove from the soil thirteen pounds of nitrogen, only one pound of phosphoric acid and nineteen pounds of potash, and the apples alone would remove from each acre \$2.45 worth of plant food. Then the growth of the wood and the leaves of the tree must be taken into account, and it takes a very considerable amount of food to keep up the activity of a large tree. Altogether there was in the orchard a demand for plant food to a total value of \$9.01 per acre.

He compared this with a crop of corn making fifty bushels per acre, and showed that the corn removed little more than the fruit trees, and yet every farmer knows that he cannot expect fifty bushels of corn per acre unless he keeps up the fertility of the soil, and yet we see the same men trying to get apples from a soil that has been drained by the trees in this way for a generation, and not only drained by the trees, but called upon to grow a hay crop or to pasture stock. Is it any wonder that we cannot grow apples as well as we once did?

The statement we have given shows that the demand for phosphoric acid is very small as compared with that for nitrogen and potash, and the trees will demand more potash than a crop of corn of fifty bushels per acre, and demand it every year, for there can be no rotation of crops here. In their young state, when growth is what we want, applications of stable manure will be of great help, not only in furnishing nitrogen but in giving some humus making matter to the soil. If Kainit has been used in the preservation of this manure it will not only make the manure better in preventing the loss of nitrogen, but it will add potash that is needed. When the trees have reached maturity we advise the seedling down to grass. But not in grass to be cut for hay, but grass to be cut only as a mulch for the trees and left on the ground, cutting it several times during the season. Then give the grass a top dressing annually of a fertilizer composed of 800 pounds of acid phosphate, 800 pounds of cottonseed meal and 400 pounds of muriate of potash to make a ton. Use this liberally and get a good growth of grass and every time you cut the grass spread it to decay under the trees as far as the limbs extend and a little further. Then if you attend to the spraying you can grow apples just like you did in your boyhood and probably better.—W. F. Massey.

Knew What He Needed.
The doctor's wife went to the door. The doctor's wife and the woman next door were not on friendly terms, but the tramp didn't know that.

"De lady next door," he said, "gave me a piece of her home made pie, a I 'tought."

"I'm sorry," interrupted the doctor's wife, "but the doctor isn't at home just now. However, there's a physician in the next block, and if you hurry he may be able to give you relief before much harm is done."—Chicago Post.

Man Born Unto Trouble.
"Of course," said the optimist, "if a man gets into the habit of hunting trouble, he's sure to find it."

"Yes," replied the pessimist, "and if he's so lazy that he always tries to avoid it it will find him. So what's the difference?"

Black Hair
"I have used your Hair Vigor for five years and am greatly pleased with it. It certainly restores the original color to gray hair. It keeps my hair soft."—Mrs. Helen Kilkenny, New Portland, Me.

Pleased Him.
"I think we might give Bridget a dollar more a week," said the family man. "What?" exclaimed his wife. "I set her to work cleaning the parlor to-day, and you should see the way she left it."

"I did. That's what influenced me. I noticed she fixed the piano with the keyboard close up against the wall."—Philadelphia Public Ledger.

Wholly Reprehensible.
"I always had my suspicions of that man," said Senator Sorghum, recently. "I'm afraid he is willing to accept pecuniary consideration for his influence."

"Worse than that. He always wants three or four times as much as his influence is worth."—Washington Star.

TO WORKING GIRLS



FREE MEDICAL ADVICE

Every working girl who is not well is cordially invited to write to Mrs. Pinkham, Lynn, Mass., for advice; it is freely given, and has restored thousands to health.

Miss Paine's Experience.

"I want to thank you for what you have done for me, and recommend Lydia E. Pinkham's Vegetable Compound to all girls whose work keeps them standing on their feet in the store. The doctor said I must stop work; he did not seem to realize that a girl cannot afford to stop working. My back ached, my appetite was poor, I could not sleep, and menstruation was scanty and very painful. One day when suffering I commenced to take Lydia E. Pinkham's Vegetable Compound, and found that it helped me. I continued its use, and soon found that my menstrual periods were free from pain and natural; everyone is surprised at the change in me, and I am well, and cannot be too grateful for what you have done for me."—Miss JANE PAINE, 530 West 123rd St., New York City. —\$2.00 per bottle. If original of above letter proving genuineness cannot be produced.

Take no substitute, for it is Lydia E. Pinkham's Vegetable Compound that cures.

Capudine

Cures Nervousness AND NERVOUS HEADACHE.

10, 25 and 50